



THE

# CLEAN SHEET

N E W S L E T T E R

## Love From Turkey

Something has definitely changed in the February issue of The NA Way Magazine. It's probably me. You people started talking to me, and now I am here to share my experience, hope and strength with you.

My name is Betul, and I am an addict. By the grace of God, I found recovery in Narcotics Anonymous am forty years old, and we started NA in Turkey when NA was in it's fortieth year of existence. This is one of the countless details in which I identify with NA. God's will be done.

Narcotics Anonymous has made my life a reality. All I had to do is want what you have to offer me: recovery. I chose recovery in NA to better my life, not so much to stop using because I had already exhausted all power over any form drugs, the last but not least, being alcohol. I am grateful for this fact because I can see clearly now how my HP has led me to where I am today.

When I knew I was powerless over alcohol as well as any other drug, I did ask for help and was desperate enough to listen. AA was here in Turkey and they do, I deeply agree, an excellent job sobering one up, However, once you start getting honest with yourself, you never know where you'll end up! The AA members shared their experience, hope and strength with me and I started experiencing my own. I felt that being in the fellowship was A blessing. I still do. But it meant complacency for me. I was sweatin'" it out hard enough when I did the footwork. In fact, when I started doing the footwork, my feet brought me right into the fellowship of Narcotics Anonymous.

You gave me the ultimate

weapons-- The recovering addict, the Basic Text, and the work I needed to do: I wanted to work my steps in NA. Along came It Works: How and Why. Right timing! I asked the WSO for more information about NA in June 1993. There it was on the meeting's literature table on 11 October 1993 when NA held its first business meeting in Turkey.

I was elected secretary of the group. The only other recovering addict in NA at the time had to go off to military service. Now that he has done his duty and has a job in Istanbul, where we hold NA meetings twice a week. How you kept him alive, with love in his heart for NA, is the miracle he shared with me. I am grateful for all the love that's in this world today. I am grateful to be a member of this fellowship.

He and I tried to find a name for the NA group. He suggested KISS, but the acronym "KISS" doesn't mean anything in Turkish. I suggested ACTION.

We are examples of how to stay clean by doing the footwork for our own recovery, which includes working the steps and living the traditions. And one way to live the traditions is to get a group together and surrender to NA unity.

What is important that the work gets done. This is what works for me. This work keeps the group clean and alive, keeps NA as a whole clean and alive, and so keeps me clean and alive. I enjoy what I am doing. I enjoy living life clean just for today. Service in NA is my way of serving the God of my own understanding. Simple, but not easy.

This is a "we" program. I can't, we can. At our meeting in Turkey, we have opened our doors to everybody. Our friends in AA have come and shared with us and are helping us learn to stand on our own. We found out for ourselves that only people with a desire to stop using stay clean. We have experienced the support of our friends in AA, and also the medical profession. This is living hope. Only when we come to believe in our own recovery will others begin to believe in our recovery.

With hope and faith in a power greater than ourselves, we

## WHAT'S INSIDE THIS ISSUE

Love From Turkey	page 1
To Respect and Take Responsibility	page 2 & 3
A Recipe for the Addict	page 3
Anniversaries	page 4
Events	page 4
Gratitude	page 4
Poems	page 4 & 5
NA Cartoon/Permission Slip	page 5
Crossword	page 6

serve our primary purpose. We try to carry the message to the suffering addict. No addict need die without being given a chance to recover just for today.

Get to an NA meeting today. If I can do it, so can you. There are NA meetings in Istanbul, Turkey on Wednesdays and Saturdays. If you're ever here, we'd love to see you. There is so much work to do. We love you all and we are grateful.

**BB, Turkey**

*reprinted from  
NA Way Magazine  
April 1995*

## FAITH

**A**t an early age, my mother told me, "Faith is the substance hope for, the evidence of thing not seen."

Today is one of the days when I need to "stretch out on my faith." I am in two situations which require my faith to be tested. First I hope to become a driver of my own vehicle. The second being my step-daughter's weekend with her grandmother.

On the first, I feel that I have been let down. Promises have not been kept. And as I think of this I was only asked to wait. God ask that we wait on Him. This calls for patience and trust. Throughout my addiction I had little or no trust in anything save the drug. Often I was disappointed with baking powder. With this car, I feel the same way.

Life on life's terms is not a pink cloud that we may float through without the pains and emotions we have hid from in our addictions. These emotions and feelings are exposed after being clean and we must except the disappointments live gives. Through all this being an addict and excepting things, life , recovery on life's terms are one thing that we cannot change.

Oh, God, grant unto me the courage to accept the things that I can't change. What, how great my God is for I pray that He give me that courage to accept these things, the faith that I lack. Make unto me a pure heart that what you have willed for me I will accept and in no way cast from me the love you have shown to me.

With great hope I place myself in Your care. I know were it not for your love for me, I know not where I would be.

Time 11:38.

While attending a meeting tonight I came to a grave understanding of my disease. It not only covers my use

of drugs, but in any area of my life. I can't be responsible for this disease, but I can be responsible for my recovery.

On the subject of my step-daughter's visit to her grandmother's, I am powerless over the visit. What she must adjust to the changes she must go through is herself.

I can only hope that my faith goes to the extend I will have to have in life. I had and still have a problem with obsession. Obsessed with the idea of this car I've placed a deposit on. God can only give grace to me in the matter. That I don't always have all the answers and am always right. Great is my need for faith in someone who has been there since I have no one else to turn to. Thank you God, my Lord and Savior Jesus Christ for this new way of life.

**Walter D.**

## "To Respect And Take Responsibility For What Is Ours"

The issue of NA language in the NA Newsletter of the Greater Philadelphia Region must have been a great debate — obviously with the argument going towards an objective of "non-Editorial" and "print as submitted". I am an NA member and so I hope that my writing and my time to write is respected.

NA language is, specifically, those words that we NA members use to describe what we are and what we have. Some NA members before me went to great lengths and, no doubt, great pain to say what we are and what we have. We are clean. We are addicts. We learn about, practice, work, live and enjoy recovery. Together we recover.

I realize the Cleansheet is a function of the Greater Philadelphia Regional Service Committee. The traditions direct and command that subcommittee to directly responsible to those they serve. I'm an addict. I'm the guy — the guy this newsletter serves. I don't believe that some of the material in Cleansheet 1995 Vol. 2 Issue 2 represents an NA message. As your disclaimer states "...do not necessarily represent those views of Narcotics Anonymous as a whole...". Our Newsletter is downright wimpy. I spit it out. I am not served by this newsletter being an open forum for gratitude to AA, CA or any other outside enterprise. If some one shares sobriety and in context they mean clean it should be changed if they mean recovery then so it should be.

My other concern here is continuity. The Cleansheet was dubbed our regional newsletter name in July 1987. One year between then and 1992 there was a time when no issues were published, but the volume number continued on with Vol. 4 even though it was then the fifth year. I know issues of volume 5 and perhaps 6 were distributed and now we are on volume 2? More like 7 or 8! I sit due to a loss of continuity? Let me correct you with love, because this same reasoning would have given us the 1st Greater Philadelphia Regional Convention this past March. It wasn't. It was II.

Respect those who have come before you. It may have been their efforts and prayers that made NA the vehicle that keeps you clean. Respect those who have come after you today and now -- they do make up a vehicle that assists you in your recovery.

I respect NA. The language fits me and my experience. I respect those who served before us by proclaiming this volume 7 number 3 or 4 or perhaps Volume 8 Number 1.

Can I close by saying I know how thankless being a newsletter editor job can be. Its hard as hell to put one together, but we work with what we have. Whomever is involved, thanks for serving. Have a hug!

Mike R.

## A RECIPE FOR THE ADDICT

**W**hen you're down and feeling low  
You always have a nice place to go  
An NA meeting make one or two  
They will be so good for you

When you're down and feeling low  
Call your sponsor, don't be slow  
call him in the day  
Or call him at night  
Most of the time he will steer you right  
When you're down and feeling low  
Pray to God so that he may show  
You the way to freedom  
And it will be OK!  
If you will just trust N.A.

By Michael Conte  
reprinted from the Cleansheet Dec/Jan 92

## LETTERS

Thank you very much for your pamphlets, books and letter on November 29, 1994. I am reading the materials that you gave me. They must make me better understand

your program. I will do my best to translate "Narcotics Anonymous" and "It Works, How and Why" to Chinese and carry the message to the addict who still suffers. I believe that the helpings from WSO will play an important role in Kunming program of recovery.

Thank you very much for your kindly assistance,

With best regards,

Yours sincerely

Jian-hua Li

Psychiatrist in Yunnan

Institute of Drug Abuse

Regional Forum of India

c/o Bombay A.S.C.

P.O. Box 16489

Mahim, Bombay-400 016 India

Hi! We send warm greetings from India.

We first heard of the Asia Pacific Forum when a representative from India participated in the WSC. However this is the first time that we are communicating with the forum as India NA.

We thank you for your invitation to your conference on Feb. 1995. However we regret that we were unable as India NA to come to a decision and send a participant to the conference.

We hope that this is the beginning of a good working relationship between India NA and the Asia-Pacific Forum.

India is a vast country with different languages. The NA communities are spread over great distances. We are unable to present to work as a Regional Service Committee. However we meet as a forum of ASC's. We understand that Australia region had a similar situation we would encourage you to send us ideas and experiences to more effectively carry message of recovery to the still suffering addict and what role India NA can have in the Asia Pacific Forum and NA as a whole.

In loving service

Hariapal V.

(Chairperson-Forum ASC's)

January 16, 1995

First of all, I would like to send my warmest thoughts to you at the beginning of the New Year.

Thank you very much for sending me the Newsletter - Volume I Number 4. Although I am a Nar-Anon Member, I appreciate receiving it. I can translate it into Japanese and pass this precious information to the NA group in Yokohama, to which my daughter, a recovering addict, belongs. I will be a translator until

someone in Yokohama NA starts translating the newsletter so that they can share experience, strength and hope with the other members in the Asia-Pacific region.

Thank you again for your consideration.

Sincerely

Hiroko

(reprinted form Asia-Pacific Forum 1995)

## Share Your, Strength and Hope

Below is a list of members who would like to write, and be written to. If you would like to add your name to the list, just write to the newsletter and we will include your name and address in our next issue.

Harold Pawasarat  
PO Box 2051  
Kealakekua, HI 96750 USA

Tony Walters  
227 Jacquelyn Court  
Ladson, SC 29456 USA

Robert Hon  
17 Jalan 17/21-1  
46400 Petalina Java  
Selangor Malaysia

Laura Jennison  
3035 Ferry street  
Eugene, Oregon 97405, USA

Steve Rusch  
5949 Library Road  
Bethel Park, PA 15102 USA

(reprinted from Asia-Pacific Forum 1995)

The Cleansheet needs the participation of it's readers. Share your experience, strength and hope on any topic related to your recovery or the N.A. program. Send your articles, artwork, comments or suggestions to:

### CLEANSHEET

c/o Greater Philadelphia Regional Service Office  
6212 Ridge Ave., Phila. PA 19128  
or contact Walter (215) 843-7977  
Dean W. (610) 259-0972

## ANNIVERSARIES

Chris J	12/16	NWA	5yrs
Jeff H.	12/21	NWA	7yrs
Marcellius H.	12/21	ICA	7yrs
Phillip B.	01/01	NWA	5yrs
Alveda B.	01/01	NWA	6yrs
Anne M.	01/04	ICA	6yrs
Walter D.	01/05	NWA	6yrs
Paula D.	01/05	NWA	6yrs
Marshal T.	12/10	WSW	4yrs

## EVENTS

### HERE'S HOPE GROUP

72 hr Marathon, Friday, December 29th, 8:00 pm to Monday, January 1st, 1996, 8:00 pm.  
5437 Wyalusing Avenue Community Center

### ANOTHER CHANCE AT LIFE

1st Anniversary, Saturday, January 13th, 1996, 10:00 am to 1:00 pm  
63rd and Ludlow Philadelphia Baptist Church  
Entrance on 63rd Street

### ROOM FOR RECOVERY

8th Anniversary, Tuesday December 12th, Doors open at 12 noon, Meeting begins at 1:00 pm  
Winchester Playground 15th and York, entrance on 15th street

### RECOVERY IN ABBOTSFORD & THE WE GROUP

12 hour Marathon, Tuesday December 12th, Doors open at 11:00 am, start time 12n to 12mid  
3228 McMichaels Street

## THE FEAR

The quest for wholeness...  
Is not all that it's crack up to be.  
I've lost a lot along the way...  
But, I've found the missing piece.  
The missing pieces is/are inside  
of you and me!  
I/We can't live NOW..., until  
I/We make our peace with THEN  
(question then what) THEN..NOW, I/we  
get to live..., NOW.

Dialtania

**GRADITUTE**

Hi family, I'm a grateful recovering addict from New Jersey. I would like to say that because I came to believe in someone who believes in me, I recently celebrated with my home group 4 yrs clean.

Thanks to the program and the fellowship of Narcotics Anonymous I am truly grateful

Love & respect,

Roz H.

**UNTITLED**

I was born with knowledge knowing I needed a push to wisdom.

I walked into the ability

To cope with reality

I realized that all

I needed was strength

To overcome my pain

Rasheeda

**DON'T QUIT**

When things go wrong, as they sometimes will  
When the road you're trudging seems all uphill  
When the funds are low, and the debts are high.  
And you want to smile, but you have to sigh.

When care is pressing you down a bit

Rest if you must, but don't you quit.

Life is strange with its twists and turns

As everyone of us sometimes learns,

And many a failure turns about.

When he might have won had he struck it out.

Don't give up though the pace seems slow.

You may succeed with another blow.

Success is failure turned inside out,

The silver tint of the cloud's of doubt,

And you can never tell how close you are,

It may be near when it seems so far,

So stick to the fight when you're hardest hit

It's when things seem worst that you must not quit.

Anonymous

**Untitled**

God let me never forget  
How it feels to be devastated.

Let me never forget how it feels to be confused.

Let me never forget the feelings of poverty.

Let me never forget what a true friend really means

Let me always remember what it means to give  
sincere help, hope and love to someone in need.

Let me always remember to do for others, as will be done for me.

Let me never forget how neglect, sadness and fear can begin to destroy the true fruits of happiness.

Let me never forget God, how it felt so I can always have a reminder of my duties.

Let me never forget the feeling of loneliness.

Let me always feel Love.

Pat S.

## Cleansheet Permission Slip

By signing this slip I am giving the Cleansheet permission to print the enclosed original material. I understand that the Cleansheet may edit at the discretion of the Cleansheet Committee.

Name of submitted work: \_\_\_\_\_

signature: \_\_\_\_\_

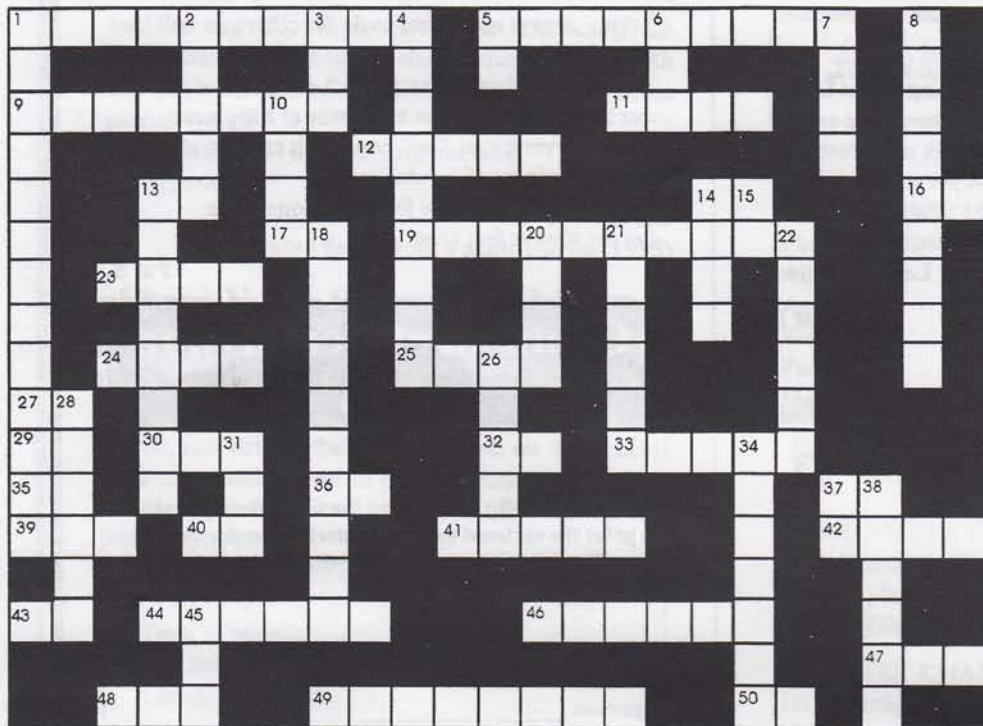
work: \_\_\_\_\_

*please enclose this form with all submissions*



courtesy of the the N.A. Japan Region

# Life on Life's Terms



## ACROSS

- 1. Twenty- four spiritual \_\_\_\_\_
- 5. \_\_\_\_\_ Anonymous
- 9. You're responsible for your \_\_\_\_\_
- 11. Diamonds, rubies, pearls, etc.
- 12. Most powerful vehicle
- 13. Mister, abbrev.
- 14. Laugh
- 16. First year, abbrev.
- 17. \_\_\_\_\_ Raiders
- 19. Keeping the fellowship together
- 23. Come together
- 24. A terrible thing to waste
- 25. \_\_\_\_\_ on life's terms
- 27. The seventh note of the scale
- 29. Identify, abbrev.
- 30. Ultimate authority
- 32. God \_\_\_\_\_
- 33. The elevator's broke, take the \_\_\_\_\_

- 35. Education, abbrev.
- 36. Who \_\_\_\_\_ I?
- 37. Down, opposite
- 39. If you are not standing
- 40. Make the call
- 41. Me
- 43. One day \_\_\_ a time
- 44. Stay out of
- 46. disavow
- 47. \_\_\_\_\_ and respect
- 48. We do this or die
- 49. One is too many and a \_\_\_\_\_
- 50. It's \_\_\_\_\_ life

## DOWN

- 1. There are many strong
- 2. Put on
- 3. Order
- 5. Narcotics Anonymous, abbrev
- 6. \_\_\_ is too many
- 7. A few
- 8. Nameless, unidentified

- 10. \_\_\_ people count
- 13. \_\_\_\_\_ makers make it
- 14. An investment in your life
- 15. \_\_\_ orange
- 18. Reception, get
- 20. Dreadful
- 21. Pipe, bag etc.
- 22. Abandon houses, smoke rooms, bathrooms
- 26. Believe
- 28. Our disease self
- 39. 24 hours
- 34. Part of the \_\_\_\_\_
- 37. Together you and I, with several others
- 38. \_\_\_\_\_ places and things
- 45. Not the truth

**solution next  
issue!**